



## Beef Kofta Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>55</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 500 g beef, ground
- 1/2 cup onion, chopped
- 2 clove garlic, chopped
- 1 pack DEL MONTE Quick 'n Easy Curry Mix (40g)
- 1/4 cup parsley, chopped

### Preparation:

1. Mix all the ingredients in a bowl and allow to stand for 30 minutes.
2. Form into balls.
3. Grill.
4. Serve with grilled tomato and buttered steamed rice.

### Chef's Tip

Kofta is a Middle Eastern type of meatball usually made of ground beef, chicken, pork or lamb with added spices. Use ground meat that has a bit of fat to keep the meatballs moist when grilling.

### Lusog Notes

This dish is a source of iron and niacin. Iron is needed to make red blood cells that carries oxygen around the body while niacin promotes normal digestion and healthy skin.

### Cooking Skills Needed

- Grilling
- Mixing

### Cooking Tools

- Pot
- Chopping Board
- Grill Pan